



## Tips for Talking to Your Doctor

An important part of your relationship with your doctor is good communication. Here are some questions you can ask your doctor to get your discussions started:

### About my disease or disorder ...

- What is my diagnosis?
- What caused my condition?
- Can my condition be treated?
- How will this condition affect my health now and in the future?
- Should I watch for any particular symptoms and notify you if they occur?
- Should I make any lifestyle changes?

### About my treatment ...

- What is the treatment for my condition?
- When will the treatment start, and how long will it last?
- What are the benefits of this treatment, and how successful is it?
- What are the risks and side effects associated with this treatment?
- Are there foods, drugs or activities I should avoid while I'm on this treatment?

- If my treatment includes taking a medication, what should I do if I miss a dose?
- Are other treatments available?

### About my tests ...

- What kinds of tests will I have?
- What do you expect to find out from these tests?
- When will I know the results?
- Do I have to do anything special to prepare for any of the tests?
- Do these tests have any side effects or risks?
- Will I need more tests later?

### Tips to help you remember discussions

- If you don't understand your doctor's responses, ask questions until you do understand.
- Take notes, or get a friend or family member to take notes for you. Or, bring a tape-recorder to assist in your recollection of the discussion.
- Ask your doctor to write down his instructions to you.
- Ask your doctor for printed material about your condition.
- If you still have trouble understanding your doctor's answers, ask where you can go for more information.

Source: National Institutes of Health

**Call ValueOptions today.  
(800) 700-8646**

